

# TRAINING SCHEDULE - WEEK 17

<b>Suggested Workout Sequence</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest or Cross Train	Key 1 Strides General Strength	Rest or Cross Train	Key 2 Strides Running Strength	Rest or Cross Train	Key 3 Strides Plyometrics	Rest

<b>Running Workouts</b>	
Workout	Description
Key 1	Run 3 miles or 5K @ LT or 10K pace. Then run 2 miles or 3K @ goal marathon pace.
Key 2	Run a 7 mile or 11K progressive run
Key 3	Run 20 miles or 32K. Run the first 18 miles or 29K @ easy endurance pace and the final 2 miles or 3K @ goal marathon pace
Strides	Run 5 x 100 meter strides

<b>Strength Workouts</b>	
Workout	Description
General Strength	1 set of general strength
Running Specific Strength	1 set of running strength
Plyometrics	1 set of plyometrics